

# Schools & Families: Take the Fit & Healthy Kids Fall Challenge!

## Fall back into fun, food & fitness...

Schools — check out the suggestions below to incorporate the Challenge into your school week. Please share this information with students to bring home — families can participate on their own, and ideas for families are included on the back of this page.

### Ideas for SCHOOLS

#### 1) MOVE more!

Join schools in Vermont and across the nation by participating in **International Walk to School Day** on **October 4th**. Register for free at [www.walktoschool.org/register](http://www.walktoschool.org/register). Last year 20 schools and over 3000 students in Vermont participated!

##### **Classroom assignment suggestions:**

- Have students graph how many minutes of physical activity they do each day.
- Assign students a story or essay about their favorite activity and how they feel after they do it.
- Teach students about the heart and lungs. Include what happens when you increase your heart rate and how important this is for health.
- Draw or paint action pictures, or create collages related to favorite activities.

#### 2) Eat more COLORS!

- Use fruit and vegetables for math lessons (fractions, add and subtract, division and multiplication). Make a rainbow of fruits and vegetables in art class.
- Have each student research how and where a particular fruit or vegetable is grown.
- Have students make a scrap book of fruits and vegetables.
- Work with foodservice personnel to offer additional fruits and vegetables at meal time or to have free 'tastings' of unique fruits and vegetables.
- Create a recipe book of healthy snacks with help from students and parents.
- Offer daily fruit and vegetable trivia over the announcements.

##### **Free resources!**

##### **• 5 A Day educator resources:**

[http://www.5aday.com/html/educators/educators\\_home.php](http://www.5aday.com/html/educators/educators_home.php)

##### **• MyPyramid teaching materials:** [www.mypyramid.gov/kids/](http://www.mypyramid.gov/kids/)

#### 3) Turn it OFF !

- Have students draw pictures or make collages of things they can do instead of watch TV.
- Have students track how much TV they watch before the week begins. Teach them to set goals to reduce their TV time each day.
- Have students write papers about what they can do instead of watching TV. Have them share their ideas with each other.

## **Ideas for FAMILIES**

### **1) MOVE more!**

- Participate in your schools Walk to School Day events.
- Rake leaves together and jump in them!
- Play outside – tag, Frisbee, toss a ball.
- Play upbeat music at home and dance.
- Go for a walk in the woods or explore your town's bike path.

### **2) Eat more COLORS!**

- Start a mini garden together and have kids decide what to try to grow.
- Get kids involved! Have them select fruits and vegetables at the store, then at home they can help prepare them for a meal.
- Go to a local orchard or berry farm and show them where their fruit comes from.
- Offer a wide variety of fruits and vegetables daily, don't worry if they don't like everything right away. Leave a bowl of fruit on the counter, you'll be amazed how quickly it disappears!
- Try adding new fruits and vegetables into foods your kids already like. Kiwi in yogurt and cereal, cauliflower and spinach in salads and pasta dishes, mashed sweet potatoes instead of white potatoes.

#### **Free resources!**

- **Kids in the Kitchen:** <http://kidsinthekitchen.ajli.org/>
- **Kidnetic:** <http://www.kidnetic.com/BrightPapers/?c=For+Parents>

### **3) Turn it OFF !**

- Talk as family about things you can do instead of watch television. Make a list and hang it over the TV. Some suggestions:
- Read together.
- Listen to music.
- Do an art project.
- Play outside (Frisbee, ball, jump rope, hide and seek, tag).
- Go apple picking.

***Make every day active, colorful and fun for your family!***

**Check out the Governor's Fit & Healthy Kids Initiative on the web at:**

<http://healthvermont.gov/fitandhealthy.aspx>

For more information about the Fit & Healthy Kids Fall Challenge,  
call the Vermont Department of Health at **(802) 863-7330**

**For copies of this form go to:** <http://healthvermont.gov/fitandhealthy.aspx>